



Vol. 60 No. 18

Friday, May 02, 2003

What's Inside

Free Park Admissions for Military Families



Anheuser Busch Amusement Parks and attractions are offering free admission to Military families through the summer of 2003. Offer applies to Busch Gardens, Sea World and Sesame Place locations across the U.S. Details on page 7.

May is Celebration Month for Military Families

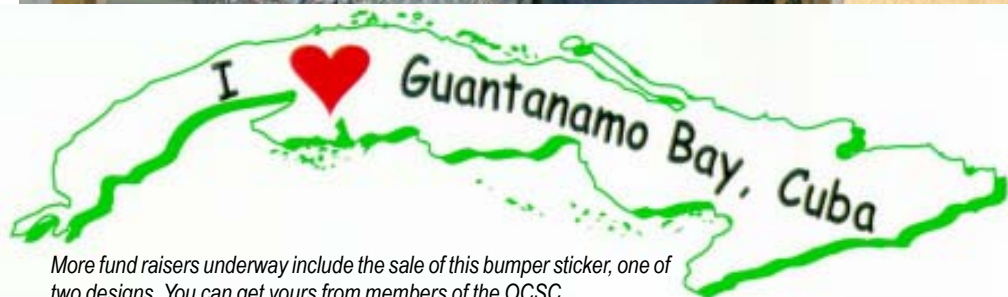


National Military Appreciation Month salutes all elements of the United States Military. Throughout the month of May, we commemorate the part played by the military in our lives, our freedoms, our history. See page 4.

Name That Tune!

Dare you to bump this one! Capt. Les McCoy belts out My Girl ... on a "pledge" from Mrs. 'M' and the OCSC during last week's Radiothon.

See page 6



More fund raisers underway include the sale of this bumper sticker, one of two designs. You can get yours from members of the OCSC.

Force Protection

Base instructions require the use of seat belts at all times when riding in a vehicle

Energy Conservation

Seek out ways you can play a part in saving energy and reducing emissions

Water Conservation

Apr 21 -27

Used 6,283,884.0
Daily avg. 897,697.7
Daily goal 1,000,000 gal

We spent **\$13,606.20** over our budget for the week.

U.S. Naval Base Guantanamo Bay Gazette

Commander, Naval Base
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Chief Staff Officer
CAPT Michael Fair

Command Master Chief
CMDM(SS) Al Steiner

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This newspaper is an authorized publication for members of the military services stationed at Naval Base Guantanamo Bay. Its contents do not necessarily reflect the official views of the U.S. Government, the Department of Defense or the U.S. Navy and do not imply endorsement thereof.

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Naval Station Awards - May 1, 2003



Naval Station held their monthly awards quarters Thursday morning and the personnel pictured above received the awards listed below:

Navy Commendation Medal
MAC Orrester Johnson MA1 David Taylor
Good Conduct Medal
OS2 Martha Wofford
Sailor of the Quarter
Letter of Commendation
IS2 Christi Chatfield
Junior Sailor of the Quarter
Junior Service Member of the Quarter
Letters of Commendation
MA3 Christopher Hall

Military Outstanding Volunteer Service Medal
MAC Jeffrey Williams,
MA1 David Taylor
MA1 Jeffrey McKennie
Letters of Commendation
MA3 Amanda Hall, MA2 Michael Britton,
MA2 Amber Koester,
MA2 Michael Therkildsen,
MA2 Charlamain Bedhun,
AO3 Nolan Edwards,

GM3 Justin Comier,
MA3 Heath Garcia,
MA3 Heath Garcia,
MASN Donald Medina,
MASN Cassandra Payton,

EMT Certificate
MASN Ariel Ross

Energy Conservation Award to PWD
accepted by Richard Baggett.

Vehicle Claims

The NAVSTA Security Department, Logistics Division has the following vehicles in its impound lot. If no one claims the vehicles, they will be disposed of. For more information, contact HT1 Mays or STG2 Waters at 4331. Vehicle Identification Numbers available for some vehicles.

Make/Model	Color	Plate
1971 Ford Ranchero	Blue	C-2244
Volvo	Black	C-9835
Nissan Stanza	Gold	Unknown
1988 Chevy Celebrity	White	C-4511
Chrysler Pick-up	Yellow	C-1478
Ford Escort	Gray	A-6213
Dodge Polaris	Green	C-1901
Ford Escort	Red	C-0425
Dodge Colt	Red	A-5131
Dodge Plymouth	Yellow	C-1478
Dodge Omni	White	C-6926
Chevy Citation II	White	C-8159
Chevy Cavalier	Blue	C-1135
Ford Escort	Blue	A-9111
1977 Mazda GLC	Brown	B-3118
Chevy Malibu	Blue/Red	C-0308
Pontiac Grand Am	White	B-4310
Ford Tempo	Brown	Unkown
Chevy Pick-up	White	C-6935
Ford Mustang	Red	C-4125
Ford Mustang	Brown	C-6959
Nissan Datsun	Blue	C-6914
Nissan Datsun	Brown	B-3277
Ford F-350	White	Unknown
Ford F-150	White/Green	B-3746
Ford F-150	White	C-4980

W.T. Sampson Student Attending Congressional Student Leadership Conference

Washington, D.C. - Rachel Johann, a student at W.T. Sampson High School, has been selected to attend the 2003 Congressional Student Leadership Conference in Silver Spring, MD.

The CSLC is an invitational leadership program for our most academically talented and promising young leaders. Exceptional high school students like Rachel, who have a record of academic Achievement and extracurricular or community involvement, are invited to participate from across the United States and internationally.

Students choose from several academic areas including the Congressional Forum, Business & Entrepreneurship, Defense and Intelligence and Medicine & Health care.



Rachel Johann

Continued on page 8

First TSP Open Season of 2003 Begins

From Chief of Naval Personnel Public Affairs

As the tax filing season ends for most Sailors, the first open season for Thrift Savings Plan (TSP) for 2003 begins – offering Sailors a chance to begin building future savings or adjust their TSP contributions.

During the open season, which runs April 15 through June 30, active duty and Reservists can choose to invest from 1 to 8 percent of their basic pay and up to 100 percent of bonus, special or incentive pay in TSP within IRS limits.

“If you haven’t already done so, now is the time to begin investing in yourself and your future,” said Chief of Naval Personnel Vice Adm. Gerry Hoewing. “TSP offers Sailors an avenue to provide for that future by setting aside some tax-deferred dollars for long term savings.”

Working much like a civilian 401(K) savings plan, a Sailor’s pre-tax dollars are invested in one of five TSP funds. Each fund has its own risk and return. Taxes are deferred on TSP contributions, meaning no federal (and in most cases, state) income taxes are paid on contributions or earnings until the money is withdrawn. For those serving in a combat zone, the current ceiling for contributions is \$40,000.

TSP was not designed to replace the military’s retirement plans but is a convenient way for Sailors to invest in a variety of investment vehicles to provide additional money for the future. Account balances can be transferred to an eligible retirement plan when a Sailor leaves the service. Thus, the balance can continue to grow tax-deferred.

Nearly 100,000 active-duty and Reserve Sailors have invested in TSP – nearly 20 percent of the force.

Sailors may elect to contribute basic pay, incentive pay or special pay (including bonuses) to the TSP. To be eligible to contribute incentive pay or special pay (including bonuses), Sailors

see TSP, page 9

NEWS BRIEFS

Talent Show Postponed

The Annual SPOA Talent Show originally scheduled for today has been postponed and will be rescheduled at a later date. The new date and tryout dates/times will be disseminated when scheduled. Thank you for your continued support of the base and our organization.

School Registration

W.T. Sampson Schools will be holding mandatory re-registration the week of May 5th-9th for students enrolling for school year 2003/2004. Currently enrolled students must re-enroll to be eligible for the fall term. Students enrolling for Sure Start must turn four years old on or before October 31, 2004 to be eligible for the program. The hours for re-registration are Monday through Friday 0700-1100 and 1200-1500. Re-registration helps us with staffing needs and to accurately predict our enrollment for the fall.

PTO Appreciation Week

In honor of Appreciation Week, May 5th through May 9th, the Parent Teacher Organization would like to ask for your help in recognizing all of the following:

-Monday-

Appreciation of our students, tell your student how special he/she is!

-Tuesday -

Appreciation of administration, tell them what a great job they do!

-Wednesday -

Appreciation of Auxillary Staff, without them, we would surely be lost!

-Thursday -

Appreciation of Volunteers, truly the best anywhere!

-Friday -

Appreciation of Teachers/Aides, tell them what they’re doing is important!

Thank you for your support!

PTO Meeting

The Parent Teacher Organization General Membership Meeting is May 6th at 6pm in the elementary school gym. Issues include voting for the new board and fund requests. The business meeting is 15-20 minutes. The guest speaker is Dr. Austin and the subjects are ADD/ADHD in children and talking to your kids about war. Any questions? Please contact Stephanie Niccum at 7433 or Julie Barnett at 5736.

May is National Military Appreciation Month

As a nation, we observe and participate in various national cultural and social awareness events through mass media attention and educational curriculum. However, we have not allocated appropriate recognition of the most important presence in the world today, an entity that impacts each and every American in a significant way, the Armed Forces of the United States of America.

National Military Appreciation Month (NMAM), as designated by Congress, provides a period encompassing both the history and recognition of our armed services with an in-depth look at the diversity of its individuals and achievements. It allows Americans to educate each generation on the historical impact of our military through the participation of the community with those who serve encouraging patriotism and love



for America, "reconnecting the Family of America".

The month gives the nation a forum, a framework, a time and place on which to focus, to draw attention and express our appreciation for our armed services via multiple venues and to recall our valuable history. The ideas to implement this are only limited by our imaginations. Museums, civic centers, libraries can have exhibits.

Additionally, schools might invite active duty military and veterans to visit with students, and cities and towns can offer proclamations and special observances.

National Military Appreciation Month (May) includes VE Day, Military Spouse Day, Loyalty Day, Armed Forces Day/Week, National Day of Prayer, and Memorial Day. This very important month therefore, honors those Americans who have given their lives in defense of our nation's freedom and the men and women now serving in uniform.

It recognizes those on active duty in all branches of the services, the National Guard and Reserves, retirees, veterans, and all of their families - well over 80 million Americans and more than 227 years of our nation's history. Let us celebrate them just as we celebrate the other important entities that make up this wonderful country of ours.

TRICARE BENEFITS FOR ACTIVATED RESERVE COMPONENT PERSONNEL AND FAMILIES

Eligibility for TRICARE Prime. Effective immediately, Reserve Component Service members called to active duty for more than 30 days and their family members residing in TRICARE Prime catchment area are eligible to enroll in TRICARE Prime. There are no enrollment fees or co-payments for family members who elect to enroll in Prime. Enrollment forms must be completed and MTF or civilian network providers must be used.

Eligibility for TRICARE Prime Remote. The Reserve Component TRICARE Prime Remote for Active Duty Family Members (TPRADFM) program provides Reserve Component families with easy access to civilian health care providers when the Service member and family reside more than 50 miles, or a one hour commute from a military medical treatment facility. The legislation that established the Reserve Component (TPRADFM) benefit required that the family member reside with the Service member. Effective immediately, "reside with" is interpreted as meaning that eligible family members resided with the Service member before the Service member left for their home station, mobilization site, or deployment location, and the family members continue to reside there.

The TRICARE Management Activity will coordinate these changes with our TRICARE contractors to ensure that enrollment actions are provided to mobilized service members and their

families. These changes further our efforts to provide a consistent health benefit to all active duty beneficiaries and their families.

Guidelines for TRICARE Prime and TRICARE Prime Remote Family Member Enrollment During Activation of Reserve and Guard Members

Reserve Component Members and Their Families Residing in TRICARE Prime Catchment Area: Reserve Component members ordered to active duty for more than 30 days and their family members who reside in a military facility (MTF) catchment area are now eligible to enroll in TRICARE Prime. This change from the previous requirement to have orders for 179 days or more. Eligibility for enrollment in TRICARE Prime is identical to that currently available to the active force. Service members upon reporting to their home station or mobilization site will enroll to the MTF closest to their home (residential mailing address). **Reserve Component members will not be required to re-enroll when they go to either another stateside location or deploy overseas.** Family members may enroll themselves if Service members already deployed and family members reside in a catchment area.

If you have any questions or require additional information, please contact LTJG Santiesteban at 72026.

CELEBRATE “MAY MONTH”

With the President’s Council on Physical Fitness and Sports

What is May Month? It’s a celebration of the joy and benefits of the active lifestyle. Since 1983, the nation has observed National Physical Fitness and Sports Month during May. Proclaiming a special month to promote physical activity and fitness is a way to offer everyone a special incentive to adopt and maintain an active lifestyle for health and greater productivity as well as happiness and fun. May Month is for organizations in the public and private sector, as well as for individuals, families, employees in the workplace, groups and organizations, and communities.

Why May? Spring is in full bloom — it’s nature’s time for renewal. Inspired by the season’s changes, we too are encouraged to embark on new beginnings. With summer just ahead, fun and new adventures beckon at the beach and in the mountains and forests, at secluded lakes, rivers and streams, and at the pool, the tennis court, the golf course, the playing field and the track. All offer physical activity and fitness opportunities for you and your family, friends, co-workers, organizations and groups, and communities. To make the most of the magnificent outdoors and recreation opportunities of summer, we need to be ready to take part in the fun.

We challenge you to bring this message to your family, work-place, organization, and community: commit now to a program of regular physical activity during May Month. If you move for 30 minutes a day every day this month, you’ll be on your way to an active summer of fun and fitness; children need to be active for 60 minutes a day — running, skating, climbing, whatever keeps them moving. In just a few weeks, you can build up to a level of physical activity fitness that will let you enjoy hiking, swimming, running, team sports and many other physical activities this summer. Everyone benefits from regular physical activity — babies, children, adults, the elderly, people with disabilities, and people with serious health conditions.

Fitness Tips from the President’s Council on Physical Fitness and Sports
Be moderately physically active at least 30 minutes a day on 5 or more days a week.

Keep in mind that proper nutrition and physical activity go hand in hand. One without the other is a recipe for failure. Just because you walked for 30 minutes doesn’t mean you can reward yourself with a pint of your favorite ice cream!

Build physical activity into your daily routine. Adding 30 minutes of walking to your daily schedule will use, on average, around 150 calories per day, enough to lose over a pound during May Month.



Try building small amounts of physical activity into your day at work. Take the stairs, park your car further away, get off the bus a stop earlier, take a walk at lunch.

For added health benefits, do 20 minutes of vigorous physical activity three or more times a week. This might include running, aerobics, swimming, or working out on cardiovascular equipment in the gym, and do strength training and flexibility activities at least 2 times per week. To lose weight through physical activity, you need to engage in vigorous physical activity for at least 40 minutes no less than 3 times per week

Shift your fitness focus to your health, not just your appearance.

Avoid being obsessed with weight as it appears on a scale. People who do vigorous physical activity may increase lean body mass while decreasing their overall fat level. This can result in a loss of inches without weight loss, since muscle weighs more than fat.

**WINNER, 1ST PLACE 2002 CHINFO AWARD
 FOR ONLINE PUBLICATIONS**



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www.nsgtmo.navy.mil/gazette.htm**

GUANTANAMO BAY

Radiothon 2003



On the other side of the microphone the scenes are often ones that would bring a smile to many faces. Here you'll find a few of the not so familiar visual attractions to the annual NMCRS Radiothon. Right: JOSN Alexis Brown performs an internet lyrics search so someone can fulfill a pledge for a live song on air.



Above: JO1 Kristin Loeding and JO2 Kim deJong belt out a David Alan Coe tune, "by request" during the last day of the Radiothon. The final hours contained numerous pledges for live renditions of popular and not so popular songs, by local "talent."



Above: IC1 Rob Millard tallies pledges on the final day.



Picking the prize winners on the last day of Radiothon 2003 with Capt. McCoy.

Below: JOC Diane Jacobs discusses a pledge with a caller.



Right: Joyce Fricker and Terri McCoy listen with undisguised delight as Capt. Les McCoy did his best rendition of "My Girl." This year's Radiothon raised over \$7,500.00 for the local Navy-Marine Corps Relief Society fund drive. If you missed your chance to make a donation, you don't have to wait until next year's event. Just log on at www.nmcrs.org and click on donations to see how you can help now.



'Operation Salute' Expresses Appreciation For Service, Sacrifices

Anheuser-Busch Gives Troops, Their Families Free Admission To SeaWorld, Busch Gardens, Sesame Place

SAN ANTONIO (April 17, 2003) – Anheuser-Busch today announced it will give free single-day admission to its SeaWorld, Busch Gardens and Sesame Place parks to active duty military, active reservists, U.S. Coast Guard, National Guardsmen and as many as four of their direct dependents, beginning the Friday of Memorial Day weekend and concluding Veterans Day, Nov. 11. The offer also has been extended to all coalition forces serving with U.S. troops in Operation Iraqi Freedom.

"The men and women in our armed forces have made tremendous sacrifices, risking their lives and being separated from their families during the war," said August A. Busch III, chairman of Anheuser-Busch Cos., Inc., which operates nine U.S. theme parks. "We wanted to express our deep gratitude for their service, and this gives those who serve and their families some needed relaxation and enjoyment."

"It is our privilege to offer our parks to the men and women of our armed forces and their families," said Patrick Stokes, president and chief executive officer, Anheuser-Busch Cos., Inc. "It is a small gesture of thanks for the hardships endured every day by our soldiers and those closest to them."

"Operation Salute" will give free admission at Busch Gardens Tampa Bay; Busch Gardens Williamsburg; SeaWorld Orlando; SeaWorld San Diego; SeaWorld San Antonio; and Sesame Place in Langhorne, Pa.

"Operation Salute is exactly what we mean at the USO when we talk about the incredible power of 'Thank You,'" said Edward A. "Ned" Powell, president and chief executive officer of the United Service Organizations (USO). "It is an extraordinary example of a company's recognition of the sacrifices our military makes on behalf of all Americans."



Anheuser-Busch has supported the U.S. armed services for nearly 150 years. In 1921, Adolphus Busch's widow, Lilly, opened the Busch family garden to the public, donating admission fees to disabled veterans.

Anheuser-Busch has previously honored U.S. armed forces with free admission to its theme parks. Nearly 1 million service members and their families visited free during Yellow Ribbon Summer following the first Gulf War and during the Anheuser-Busch Salute to America's Heroes, a post-9/11 tribute that included all branches of the U.S. military.

HOSPITAL SPOUSES ORGANIZATION MAKES DONATION

In an act of community support and sensitivity to the unique challenges of life in Guantanamo Bay, the Hospital Spouses Organization has made a donation of self-help books to the Naval Hospital Behavioral Healthcare Service.

The books can be an important part of resolving an unexpected emotional or behavioral challenge or aid in an individual's longer-term recovery process.

Having self-help books readily available following an assessment or psychotherapy session can be particularly valuable, say Dr Grady, former hospital psychiatrist and CDR Jones, Behavioral Healthcare Service social worker.

The small town atmosphere, which many residents enjoy, also means there is no local mall or bookstore in which to pick up these well known self help resources.

The book donations will allow patients to sign out a book from the clinic to get started on right away. Most individuals find these

books helpful and usually end up ordering a copy of their own via the Internet but these can take 7-10 days to arrive.

Book topics range from Adult Children of Alcoholics, Anxiety, Depression, Post Traumatic Stress Disorder and childhood sexual abuse.

The Behavioral Healthcare Service staff is very grateful to the Hospital Spouses Organization for making such a helpful resource available to our patients.

Support from the Hospital Spouses Organization and other community organizations make living in Guantanamo Bay a lot more like home.

Access to the Behavioral Healthcare clinic can be obtained via the Combat Stress Control Team or Joint Aid Station for JTF members and via one's primary care manager for permanent residents.

Permanent residents can also self-refer for an initial intake with the Social Worker by calling the appointment line at x72110.

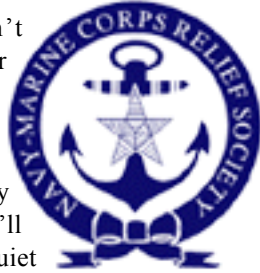
NMCRS: Low Profile; High Impact

We won't announce your arrival with a drum roll and trumpets. We won't send up any flares. In fact, we'll keep your visit quiet and confidential. Our organization has been around for almost 100 years, and just last year, thousands of Navy and Marine Corps families passed through our doors and walked out with interest-free loans and grants, and lasting solutions to their emergency financial problems. We pay for food and shelter, vehicle repairs, household setup, emergency transportation, funerals, medical and dental expenses, and lots more.

We're the Navy-Marine Corps Relief Society. Our mission is to provide, in partnership with the Navy and Marine Corps, financial, educational, and other assistance to active duty and retired members of the Naval Services of the United States, and their eligible family members and survivors.

The Society also provides assistance in the form of budget counseling services, food lockers, referral services to other community resources, visiting nurses, and layettes (also called junior sea bags) for new members of your family.

How do we pay for all of the assistance we provide? The Society is a private, nonprofit, charitable organization that receives funding through the Secretary of the Navy's annual active duty and retiree fund drives conducted each year. The Society also receives bequests, memorials, profits from Navy Balls, investments, receipts from Thrift Shop sales, and most significantly, the repayment of interest-free loans that our customers receive. We receive no government funding.



LEADERSHIP CONFERENCE — FROM PAGE 3

Through briefings and discussions with national leaders in the fields of study, and through realistic, hands-on simulations, students have the unique opportunity to experience leadership in action and to learn first-hand about the complexities of decision-making in a chosen field or profession. By engaging in special interactive workshops and activities, students learn and develop essential leadership skills, including effective communication, conflict resolution, team building and time management.

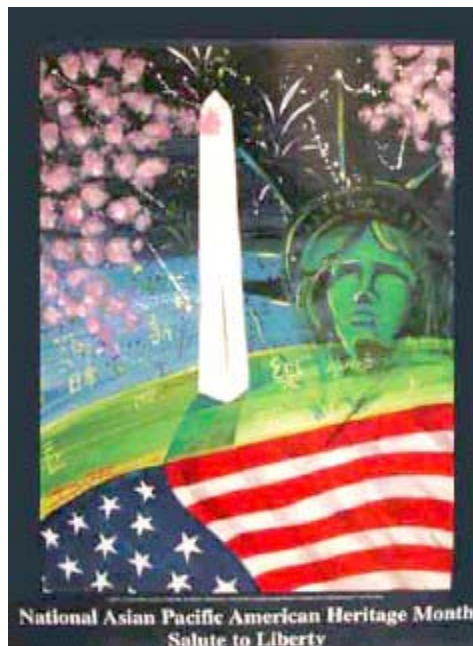
"They develop confidence and maturity while gaining skills that will help them achieve success in college and life. The CSLC commits itself to providing youth with unparalleled opportunities for personal growth, leadership and educational advancement," says Dr. Gilbert Morris, Director of Academics.

"Leadership is not just for those in our government and business," Says Chris M. Salamone, Esq., Founder and executive Director of the CSLC. "Leadership begins with our young people - in their homes, their schools, and their communities - as they seek knowledge and understanding and work to improve the world around them."

"Since 1989 I have had the privilege of seeing more than 16,000 exceptional students from over 40 countries learn first-hand about leadership and explore its role in a variety of educational disciplines. It's my hope that the CSLC will give our young leaders the skills to help them along the road toward a successful and rewarding life of leadership."

Leadership conferences are held in Washington, DC; Boston, MA and Chicago, IL. Further information on the CSLC can be found at WWW.lead-america.org or by calling 1-866-FYI-LEAD (394-5323).

Asian Pacific American Heritage Month



May 2003 marks the 24th annual national observation of Asian Pacific American Heritage Month. Over 11 million Americans of Asian Pacific heritage are helping to build a vibrant nation today. It is projected that this number will double by 2025.

In the Navy, there are currently over 23,000 Sailors of Asian Pacific heritage (enlisted and officer) on active duty. Asian Pacific Americans are making notable contributions in the military as well as in industry, science, education, government, and every other human endeavor.

This year's theme is "Salute to Liberty" an appropriate reminder of how the collective contributions of all Americans strengthen the fabric of our nation.

Worship Services

Catholic Mass

(Main Chapel) **Monday - Friday**
Daily Mass (Cobre Chapel) 0630

Friday

Holy Hour/Rosary 1700
(Cobre Chapel)

Saturday

Reconciliation 1630
Eucharist/Mass 1730

Sunday

Eucharist/Mass 0900
La Santa Misa (Spanish) 1130
Eucharistic Adoration
(Cobre Chapel) Daily 24hrs

Protestant Services

Sunday

Services - Main Chapel 1100
Praise & Worship 1830

New Life

(Main Chapel) **Sunday**

Worship Service 1245
Sunday School (Sanctuary B) 1130

Church of Jesus Christ of Latter Day Saints

(Sanctuary A)

Sunday

Sunday Sacrament 0900

Monday

Families Home Evening 1800

Wednesday

Ladies Relief Society 1900

Thursday

Young Women 1900

Jewish

(Fellowship Hall)

Every Friday 2000

Filipino Bible Fellowship

(Sanctuary A) **Sunday**

Worship 1800

Iglesia Ni Cristo

(Sanctuary B) **Sunday**

Worship 2000

Pentecostal Gospel Temple

(Sanctuary C) **Sunday**

Worship 0800 & 1700

Seventh Day Adventist

(Sanctuary B) **Saturday**

Divine Service 1100

Islamic Service

(Classroom 18) **Friday**

Worship 1300

United Jamacian Fellowship

(BLDG. 1036 - Next to Phoenix Cable)
Sunday Service 1100 & 1830

Camp America Chapel

Sunday

Praise & Worship 0900
Bus Transportation available at 8am,
Windward Loop and 8:15am, TK.

**For information about
Sunday School, Education
Programs, Bible Study,
Prayer Groups, etc. Call the
Chaplain's Office at 2323.**

National Teacher Day

WE'RE BRINGING OUT OUR BEST THROUGH TEACHING

Teachers in Department of Defense schools and in communities across the nation will be in the spotlight on Tuesday, May 6, as students, parents, school administrators and the general public learn about and promote the teaching profession.

"Few other professionals touch so many people in such a lasting way as teachers do," notes Stephanie Niccum, president of the Parent Teacher Organization. "National Teacher Day is a good time to learn about the contributions educators make to our community everyday."

"We also want to encourage people to think of teaching as a career," said Niccum. "Those who teach, and those who want to teach, recognize that this work brings out our best effort and work. Especially when you consider the impact teachers have on each person's life."

Theme for the day will be "Bring out the best: Teach"

Visit www.nea.org/teacherday to learn more about teaching and the teaching profession.

Among the local events planned for May 6: We will be holding a general membership meeting at 1800 (6 p.m.), teachers will be receiving a special gift and thank you from the PTO. On May 9th, teachers will enjoy a brunch with the help of wonderful volunteers!

Groups and individuals interested in helping develop these or other activities for National Teacher Day may contact Stephanie Niccum at 7433 or Julie Barnett at 5736.

TSP — FROM PAGE 3

must contribute some basic pay.

Those not receiving incentive pay or special pay (including bonuses) when making a TSP election may elect to contribute from these types of pay in anticipation of becoming entitled to them. If such an election is made, the election will take effect whenever the specified type of pay is received.

Furthermore, if a Sailor has not yet made a TSP contribution election, but expects to become eligible for bonus pay and wants to contribute some or all of it to the TSP, they must be sure to make a basic pay election before becoming eligible for the bonus pay.

TSP enrollment can be done online through the MYPAY Web site (formerly called Employee Member Self Service (E/MSS)) at <https://emss.dfas.mil/mypay.asp>, or by completing a TSP enrollment form (TSP-U-1) and turning it in to the servicing pay or personnel office. TSP enrollment forms are available at local Fleet and Family Support Centers, Personnel Support Detachments or online at the TSP Web site, <http://www.tsp.gov>.

School Lunch Menu

May 5 - 9

- MONDAY -

Peperoni Pizza,
Carrot Stick,
Green Beans,
Fresh Fruit,
Milk

- TUESDAY -

Cheese Burger,
Lettuce & Tomato,
French Fries,
Fresh Fruit,
Milk

- WEDNESDAY -

Spaghetti w/ Meat
Sauce, Garlic Bread,
Vegetable w/Dip,
Sliced Peach,
Milk

- THURSDAY -

B.B.Q. Chicken,
Rice, Tossed Salad,
Fresh Fruit,
Milk

- FRIDAY -

Fish Sticks,
Macaroni & Cheese,
Mixed Vegetable,
Fruited Gelatin,
Milk

HAMMERHEAD SHARKS

By Paul Schoenfeld
Natural Resources Manager

GTMO has recently had reports of hammerhead sharks including a 6'3", 105 pound hook and line catch by Allan Robichaux and another 6 footer sighted by Cell McMillan and Michael Martinez while diving in Phillip's Park. Hammerheads in GTMO waters are not unusual in that at least 2 of 8 species are widely distributed throughout the Caribbean and other tropical waters. These are the great hammerhead (*Sphyrna mokkarran*) and the smooth hammerhead (*S. zygaena*). Both these species are widespread with global distributions, the primary difference being that great hammerheads seem to be more associated with warmer temperate waters than smooth hammerheads who migrate as far north as Canada. They can be found inshore as well as in offshore waters.

These sharks are appropriately named due to the shape of their head resembling a hammer. The eyes, ears, and nostrils are located on the outer edges of this "hammer" and this position is believed to aid the hammerhead in locating prey. Likewise, the front of the "hammer" is lined with electroreceptors also believed to assist in locating prey. There is some suggestion that the "hammer" head also acts as a plane giving

the fish lift but there is no indication hammerheads swim better than other sharks.

Great hammerheads can reach typical lengths of 15 feet with a maximum recorded at 20 feet weighing approximately 1000 pounds. The smooth hammerhead typically grows to 12 feet with a maximum recorded at approximately 16.5 feet weighing almost 900 pounds. Great hammerheads are light gray to brownish gray above with white undersides. The first dorsal fin is very tall and curved. The second dorsal and pelvic fins are moderately tall and concave along the trailing edges. The fins have no conspicuous markings and the "hammer" head is straight with a central notch in adults.

Smooth hammerheads are olive gray to dark gray above with white undersides. The first dorsal fin is moderately tall and the second dorsal and pelvic fins are much reduced. The fins frequently have dusky or dark tips. The "hammer" head is also notched at the center.

Hammerheads give birth to live young and great hammerheads may produce up to 42 young per litter. These may be as large as 2 feet long at birth.

Hammerheads are scavengers as well as predators and primary prey include stingrays, grouper, crabs, squid, lobster, and other sharks.

Hammerheads are potentially dangerous

Creature Feature

*"Creature Features" are submitted by
The Guantanamo Bay Environmental Office*



Kelsey Garland, Shane Garland, and Victoria Robichaux pose with a hammerhead shark caught by Alan Robichaux. Photo by Jeff Rosenfeld

to humans and have been implicated in attacks. There is some debate over whether or not the shark was a hammerhead or which species of hammerhead was involved due to location of the attack or because of the difficulty in positively identifying the different hammerhead species. Regardless, hammerheads are naturally occurring in the marine environment and although we are aware of them and need not fear them, we should respect them as large predators potentially present in GTMO waters.

Hydroids Hit GTMO Beaches

Submitted by Naval Hospital

Hydroids have arrived in GTMO's ocean waters with a vengeance!! The Naval Hospital is seeing an increased number of emergency room visits related to hydroid stings. For those unfamiliar with our waters, hydroids are free floating coral polyps, which are released into the water by sea floor corals. They drift in shallow waters (less than 30 meters) in search of a new location to establish a colony. They are very small, but structurally related to the jellyfish. They contain a nematocyst, or stinging cell and contact between divers/swimmers leads to stings.

Depending on the concentration of polyps in the water an individual may be bitten from just a few times to over a thousand in a brief period of time. They may become trapped under a wet suit, shorts, or shirt and sting repeatedly.

Pain may vary from mild to severe, and the lesions are always very itchy.

Usually reactions are local and while inconvenient are not life threatening. However, individuals with repeated exposure may develop systemic allergic symptoms. Any individual with hydroid exposure and breathing or airway difficulty should be transported to the Naval Hospital ER immediately.

Treatment of routine hydroid exposure at the beach includes removing clothing, gentle washing of the skin, and avoiding further irritation.

Generally minor stings are treated with oral antihistamines such as diphenhydramine (Benadryl) and topical steroids such as End Itch. Some individuals claim relief by putting Adolfs meat tenderizer on the stings as well.

More severe cases may be treated with oral steroids in addition to the previously noted medications.

As with many things in life, prevention is the best medicine. The hydroid season should end sometime in June-July.

GTMO SHOPPER

FOR SALE

Ashley sleeper sofa and loveseat - \$500. Call Jimmy or Tonya at 5533.

(1) Scuba tanks, two blue 80 CF, one yellow 80 CF, one yellow 50 CF, two yellow 13 CF; all need hydros - \$60 each. Scuba BCD's - \$25, \$50, & \$100, sizes small to large. ScubaPro Gorilla dive fins, size medium - \$50. Scuba regulator, octo, three gage console, by Cressi-Sub - \$125. Call 5339.

(1) Whirlpool Heavy duty Washer SuperCapacity Plus (8 cycle 2 speed) and Dryer (7 cycle 4 temp) less than three years old in very good condition. Asking \$250 for both. Leaving the island May 17. (HM) 7425, (WK) 4871.

(2) Why buy new when used is just as good at half the cost. For sale, 1 pair of Mares Avaati dive fins size small color black. In great shape yours for the cost of \$50.00 or best offer. Contact AM1 Koehler at 4099 at work or 8172 home and leave message.

(3) 4 chrome truck rims w/used tires, 5-lug - \$150 OBO. Call Jeff at 7117 or email jeffreymays@hotmail.com

(3) EZGO Golf Cart with spare parts and battery charger - \$450. Call 5607.

(3) 4-head VCR - \$35.00, various VHS tapes for \$2.00 per tape ranging from action to drama. Too many to list. Call 8154 (AWH) or 3730 (DWH).

VEHICLES/BOATS

(1) 1986 Ford Aerostar seven-passenger mini-van. Best offer over book value of \$2,000. Available June 28. Call 5339.

(1) 1993 Nissan Quest seven-passenger mini-van. Book value of \$5,000 firm. Available June 28. Call 5339.

(1) 1995 Honda Helix scooter, model CN-250, automatic transmission, 250cc engine. Best offer over book value of \$2,500. Available June 28. Call 5339.

1995 Yamaha Riva scooter, model XC-125, automatic transmission, 125cc engine - Book value of \$1,500.00 firm. Available now. Call 5339.

(2) 24 ft pontoon boat, 50 HP motor, current inspection, depth/fish finder, storage locker, all safety gear, lots of new parts, \$4,300, call 2650.

(3) 97 Suzuki Marauder 800, red and chrome - \$3,200 OBO. Call Jeff at 7117 or email jeffreymays@hotmail.com

(3) '88 Black Chevy Nova, good A/C new exhaust system, new rear tires. Runs great. Asking \$2,500 OBO. Phone 84158/7845.

WANTED

Motorcycle wanted, type, size & manufacturer not important. Willing to pay up to \$4,000, if the bike is worth it. Must be in good working condition. Call 5507 leave message.

Need a conversational English instructor. Call 3462 DWH or 7379 AWH

Bicycle wanted, trail or mountain bike. 26" inch or bigger, prefer female type frame. Must be in good working condition. Will consider up to \$150.00, free is even better! Please call 8121 after 1600 and ask for Tamara.

EMPLOYMENT

The Navy Exchange is currently seeking applications for the following full time positions;

MOTOR VEHICLE OPERATOR - Performs duties including maintenance and operation of vending machines. Operates motor vehicle throughout the area. Must hold current driver's license. Rate of Pay - NA-07, \$9.49/hr. (U.S. Citizen), LWG-05, \$5.73/ hr. (Foreign National).

CASHIER/CASH CAGE - Duties include, but not limited to, receipt, examination, disbursement, deposit, safekeeping and related clerical processing of cash items. Rate of Pay - NF-01, \$7.50/hr. (U.S. Citizen), LGS-03, \$5.56/hr. (Foreign National). For further information, please call the Personnel Office at 4119.

The Public Works Department is accepting resumes for recruitment of an Environmental Specialist/ Wildlife Technician. Salary will be commensurate with qualifications and experience. The employee selected will be employed by a contractor and hired through the Cooperative Administrative Support Unit contract in Norfolk, VA. Minimum requirements are at least 2 years formal wildlife management/ zoological experience; extensive outdoor experience relating to natural resources; and successful completion of a State approved Hunter Education and Safety training curriculum. This position will require extensive night, weekend, and irregular hours work. Applicants may submit resumes to Paul Schoenfeld, Natural Resources Manager, PWD-Environmental, Bldg. 752, second floor by 1630 on 9 May.

The Resident Officer in Charge of Construction (ROICC) is accepting resumes for potential recruitment of a Construction Inspector. Salary will be commensurate with qualifications and experience. The employee selected will be hired through a Cooperative Administrative Support Unit (CASU) contract in the Norfolk, VA area. Needs to be able to start work by late May 2003.

Applicants may submit a SF171 or resume to the ROICC office, Building 752 - Second Floor - by May 16 at 4pm. For additional information contact Mr. Mark Ewing at 4503.

The Navy Exchange is currently looking for qualified spouses interested in being part of a Retail Team. We have several openings for Cashiers, Sales Clerks, Department Managers and Motor Vehicle Operators. If you are energetic and up for a challenge, please contact Mary Beth at 4119 or Terrie Millard at 5041.

The following are job vacancies currently open through the Human Resources Office. If you have any questions, please contact me at one of the numbers below.

Vacancies:

Social Services Aid, closes 05/05/03

Social Services Aid, (Foreign National), closes 05/05/03

Practical Nurse, (Foreign National), closes 05/05/03

Housing Management Assistant, closes 05/13/03

Office Automation Clerk, closes 05/13/03

Housing Manager, closes 05/14/03

For more information contact the Human Resources Division at 4441 or 4430.

Ocean Enterprises Dive Shop is accepting applications for full and part-time employment. All applicants must be able to work on Saturdays and have an interest in swimming, snorkeling, and/or diving. FMI call Eric during store hours at 5336.

The Fleet and Family Support Center has an opening for a Social Services Specialist (GS-7/9 equivalent) Work hours are normally 0730-1630, some weekend and after hour duty will occur. Applicant should have a BA or BS in Marketing, Business or a Social Service Field or at least 6 years experience directly related to the position. This position will be filled at the GS-7 or GS-9 equivalent depending on experience. Submit an OF-612 or Governmental Resume to the Fleet and Family Support Center, building 2135 by 18 April 2003. This is a local hire contracted position.

Education Services P/T Facilitator. 20 hrs/flex avail at Navy College Learning Center. \$13.00/hr. Min. Req.: B.A/B.S accredited. dgr, exper. w/adult learners, computer. lit. email resumes to academic@gtmo.net or call Olga Cowley or Michelle Zapf at 3997.

ANNOUNCEMENTS

Due to software upgrades on the new telephone switches, the following numbers will have to change as of May 14, 2003.

Old number	new number
925 - PIN access	2925
935 - ATT access	2935
945 - Sprint access	2945

For the internet you will need to change the dial-up number from 926 to 2926. We apologize for any inconvenience this may cause.

The Immunization Clinic will be at the High School on May 14th. Parents, if you have received a notification in the mail that your child is due the TD Booster shot and want to take advantage of this clinic to update your child's shots, please return the permission slip signed as soon as possible. The student must have a signed permission slip to be immunized at the school.

The PTO is hosting a Volunteer Tea at the Elementary School 8 May at 1330. If you need additional information, please contact Ms. Taylor Edwards 2207. Thanks for your assistance and continue support of the ESSchool and activities.

During the renovation of the CBQ the CBQ management is relocated to the base housing office. Their new phone numbers are; Tim Moore-4426, Richard Frazier -4427, Kristen Hood-4551.

Hours of operation for the Naval Hospital Pharmacy have been changed to Mon-Fri: 8am-4:30pm, Sat: 8am-Noon, Sun: Closed.

The PTO is looking for Volunteers for Appreciation Week which will be held May 5th through the 9th. Please call Tina Schmitz at 5355 for more information.

The Enlisted/Civilian Spouses Association needs household items and linens to start a loan program. (This does not replace the FFSC loan program.) Please contact Johannah-5844 or Tonja-7328 for more info.

The Tax Center service is by appt. only. We will accept walk-ins if time permits, please call ahead to see if there is an opening at 4314.

Looking for Girl Scout Leaders for 2003-2004. We have troops of all ages (Surestart to 12th grade). Contact Trish Loop at 7495 for more information. Come to a troop meeting to see if this is something you want to do.

LOST & FOUND

Found! Camera at Windmill beach on 26 Apr. Call 7448 with proof of ownership to claim camera.

Found at Phillips park; a Specialized Elite bike odometer. Call 5201 to claim.

YARD SALE

Moving Sale: Saturday, 8am-noon. CC 3D. Toys, kids clothes, baby furniture, infant bed, golf balls, games, and much more! NO EARLYBIRDS.

DELIVER US FROM EVA



1hr 45min

Starring: LL Cool J, Gabrielle Union, Duane Martin, Essence Atkins, Robinne Lee, Meagan Good, el Jackson, Dartanyan Edmonds

A trio of men plot to free themselves of their mates unattached and seemingly omnipresent sister Eva. Eva has a sweet face but a steely disposition. The men would like to close out and divide the family trust fund. So they concoct a simple plan to have ladies man Ray Adams to romance and distract Eva.

CRADLE 2 THE GRAVE

Action Adventure

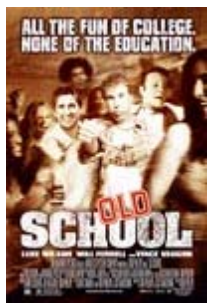
1hr 40min

Stars: Jet Li, Gabrielle Union, Anthony Anderson, Kelly Hu, Tom Arnold, Paolo Seganti, Chi McBride



When his daughter is kidnapped and held in exchange for priceless diamonds, the leader of the crew of highly skilled urban thieves forges an unlikely alliance with a Taiwanese intelligence officer to rescue her.

OLD SCHOOL



Comedy

1hr 31min

Stars: Luke Wilson, Will Ferrell, Vince Vaughn, Juliette Lewis, Leah Remini, Craig Kilborn,

A trio of thirtysomething buddies who try to recapture the outrageous, irrepressible fun of their college years by starting their own off-campus frat house.

Movies

FRIDAY, MAY 2

8pm The Jungle Book 2
PG 72min

10pm Cradle 2 The Grave
R 100min

SATURDAY, MAY 3

8pm Old School
R 91min

10pm Deliver Us From Eva
R 105min

SUNDAY, MAY 4

Hootie and the Blowfish
in Concert
8pm

MONDAY, MAY 5

8pm Dark Blue
R 118min

TUESDAY, MAY 6

8pm Cradle 2 The Grave
R 100min

WEDNESDAY, MAY 7

8pm Deliver Us From Eva
R 105min

THURSDAY, MAY 8

8pm Anger Management
PG13 130min



GOLF PRO PETER JACOBSON IS COMING TO GTMO

Golf Clinic May 4th
8am to 9:30am
At The Golf Course
Autograph Session May 4th
9:30am to 11am
At The Golf Course

HOOTIE AND THE BLOWFISH

PERFORMING LIVE
AT THE DOWNTOWN LYCEUM
May 4, 2003 at 8pm
(No admittance before 5pm)
Autographs: May 4th
9:30am - 11am
At the Golf Course

LIBERTY CENTER

Nine Ball Tournament
May 7th
Start Time 7pm
FMI Call 2010

MWR TRACK AND FIELD

May 17, 2003
W.T. Sampson High School
Football Field
Registration Will Take Place
The Morning of the Event
6:30am to 7am
Eligibility: NAVSTA, JTF, WTS,
Tenant Command/Units
FMI Call 2193

PARENT'S NIGHT OUT

May 17th 5:30pm to Midnight
A reservation fee of \$2.50 is due by
May 14th to hold a spot for your
child(ren). An additional fee of \$1.50 is
due for each additional child. The
reservation fee is non-refundable. One
hour-\$2.50, two hours-\$5.00
and three or more hours-\$12.00
FMI Call 3664

For more information on any of the events
listed above, call 5225.